

JULY 2025 EVENT CALENDAR - JOIN US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVENT PREP DAY	1 Welcome NEW Patient Breakfast 11:00-1:00 pm	2	3 HAPPY INDEPENDENCE DAY Independence Day 11:00-1:00 pm	4 CLOSED
EVENT PREP DAY	7	8  Nails Day 11:00-1:00 pm	9  Food Pantry 12:00-1:00 pm	10  Piña colada Day 11:00-1:00 pm
EVENT PREP DAY	14	15  Disaster Prepared 11:00-1:00 pm	16	17  Karaoke time! 11:00-1:00 pm
EVENT PREP DAY	21	22  Color full Day 11:00-1:00 pm	23	24  Super Bingo 11:00-1:00 pm
EVENT PREP DAY	28	29  Zumba Class 11:00-1:00 pm	30	31  Birthday Celebration 11:00-1:00 pm

HILLSBOROUGH LOCATION



Our purpose is to provide a healthy, safe and fun environment for our Florida Seniors to encourage and promote happiness, good health and well-being through physical and mental activities. Food, music, raffles & prizes!

To View All Our Locations
Visit: [MedFloridaWellness.com](https://www.MedFloridaWellness.com)



NEED
TRANSPORTATION?
ANY QUESTIONS?

Call Us: (561) 281-4459

OUR ADDRESS:

3505 E. Hillsborough Ave
Suite 201
Tampa, FL 33610

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME
IF SICK

WEAR
A MASK



STAY
6FT APART



WASH
HANDS

